



# Loma Verde Swimming Lessons

1420 Loma Lane, 91911 • (619) 409-1987 • <http://www.chulavistaca.gov/goto/swim>

Office open weekdays 11-1, 3-7pm, & during scheduled programs.

You may also register online or at any Chula Vista Recreation Center.



## Winter Season

Session	Dates	Cost	Notes
Winter 1	February 24 - March 5	\$36/45	Monday through Thursday 2 weeks, PM Only
Winter 2	March 9 - March 19	\$36/45	Monday through Thursday 2 weeks, PM Only
Winter 3	March 23 - April 3	\$36/45	No class March 31st, Cesar Chavez Day, make up lesson Friday April 3rd, Week 1: Mon-Thur, Week 2 M/W/Th/F, AM and PM
Winter Saturdays A	February 29 - March 21	\$18/23	Saturdays Only, 4 weeks, AM Only

Class Title/Age	Session	Time	Days	Total Days	Cost
<b>Toddler Swim Lessons</b> <b>Ages: 2-3 yrs*</b> *Swim diaper is required	Winter 1, 2, 3	4:00-4:30pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 1, 2, 3	5:10-5:40pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	9:40-10:10am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	10:15-10:45am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter Saturdays A	10:05-10:35am	Saturdays	4	\$18 resident / \$23 non-res
	Winter Saturdays A	10:40-11:10am	Saturdays	4	\$18 resident / \$23 non-res
<b>Preschool Swim Lessons</b> <b>Ages: 4-5yrs*</b> *Swim diaper is required for children who are not potty trained	Winter 1, 2, 3	4:00-4:30pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 1, 2, 3	5:10-5:40pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	9:40-10:10am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	10:50-11:20am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter Saturdays A	10:05-10:35am	Saturdays	4	\$18 resident / \$23 non-res
	Winter Saturdays A	10:40-11:10am	Saturdays	4	\$18 resident / \$23 non-res
<b>Youth Swim Lessons</b> <b>Ages: 6-14 yrs</b> Beginning through advanced levels. Students are tested and separated the first day of class.	Winter 1, 2, 3	4:35-5:05pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 1, 2, 3	5:45-6:15pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 1, 2, 3	6:20-6:50pm	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	9:05-9:35am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	10:15-10:45am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter 3	11:25-11:55am	Monday-Thursday	8	\$36 resident / \$45 non-res
	Winter Saturdays A	9:30-10:00am	Saturdays	4	\$18 resident / \$23 non-res
	Winter Saturdays A	11:15-11:45am	Saturdays	4	\$18 resident / \$23 non-res
<b>Advanced Youth Swim Lessons</b> <b>Ages: 6-15 yrs</b> Must be able to swim 25 yds. freestyle & 25 yds. backstroke in deep water	Winter 1, 2, 3	5:45-6:15pm	Monday-Thursday	8	\$40 resident / \$50 non-res
	Winter 3	9:05-9:35am	Monday-Thursday	8	\$40 resident / \$50 non-res
<b>Youth Water Polo Lessons</b> <b>Ages: 6-15 years old</b> Must pass swim test Friday before class starts	Winter 1, 2, 3	6:20-6:50 pm	Monday-Thursday	8	\$36 resident / \$45 non-res
<b>Adult Swim Lessons</b> <b>Ages: 15+ yrs</b>	Winter 1, 2, 3	6:20-6:50pm	Monday-Thursday	8	\$40 resident / \$50 non-res
<b>Private Swim Lessons</b> <b>Ages: *2yrs -Adult</b> *Swim diaper is required for all children under the age of 4 regardless of potty training	Winter 1, 2, 3	3:25-3:55pm	Monday & Wednesday	4	\$80 resident / \$100 non-res
	Winter 1, 2, 3	4:00-4:30pm	Monday & Wednesday	4	\$80 resident / \$100 non-res
	Winter 1, 2, 3	4:35-5:05pm	Monday & Wednesday	4	\$80 resident / \$100 non-res
	Winter 1, 2, 3	5:10-5:40pm	Monday & Wednesday	4	\$80 resident / \$100 non-res
	Winter 1, 2, 3	5:45-6:15pm	Monday & Wednesday	4	\$80 resident / \$100 non-res
	Winter 1, 2, 3	6:20-6:50pm	Monday & Wednesday	4	\$80 resident / \$100 non-res

Registration for April, May, & June begins **February 11th!**



# Loma Verde Aquatic Center

1420 Loma Lane, 91911 • (619) 409-1987

<http://www.chulavistaca.gov/goto/swim>



## January, February & March

Office open weekdays 11am-1pm, 3-7pm, & during scheduled programs.

Register online or at any Chula Vista Recreation Center.

### Pool Closures

November 28th - 29th - Thanksgiving

December 25th - Christmas Day

January 1st - New Years Day

January 21st - Martin Luther King Jr. Day

March 31st - Cesar Chavez Day

### FREE Aqua Fun to be Fit (9-14 yrs)

March 23rd - March 27th

Monday, Wednesday & Friday

12:30 - 1:15pm

1:20 - 2:05pm

2:10 - 2:55pm



This class is part of the award winning Fun to Be Fit Program that is offered exclusively for Chula Vista Residents. Students will learn to exercise and have fun in the water. This class is funded by a grant from Kaiser.

Students must be able to swim 15 yards.

FREE! Chula Vista Residents Only.

Limited Space Available.

Only 1 time slot per child.

### Adult Lap Swim (18+)\*

Monday - Friday

11:00am - 1:00pm

5:00pm - 7:00pm\*\*

\*\*Limited lanes in shallow w.



#### Fees:

Adult: \$4 drop in, \$30/10 swims, \$75/30 swims

Senior: \$3 drop in, \$20/10 swims, \$55/30 swims

*Passes also good for Parkway Classes.*

*All passes expire 6 months from date of purchase*

*There are no refunds for passes purchased.*

### Water Fitness and Deep Water Fitness (18+)

11am-12pm

Water Fitness: Mondays/Wednesdays/Fridays

Deep Water Fitness: Tuesdays & Thursdays

Instructor led class provides cardio, strength training, ab workout, & stretching all to upbeat music. Water Fitness class conducted in shallow water. Deep Water Fitness is in deep water with a float belt.

#### Fees

Drop in (all ages): \$4.00

Adult: 10 classes \$35 / 20 classes \$60

Senior: 10 classes \$30 / 20 classes \$50

*Passes also good for Parkway Classes. All passes expire 6 mo. from date of purchase*



### Lifeguard Training (15+ years)

March 23rd - April 3rd

Monday - Friday: 8am-3pm

Attendance at all class dates and times is mandatory

**Fees:** \$200 Non-refundable Registration  
Fee includes certification, pocket mask, hip pack

**Books:** Downloadable at  
[www.redcross.org/participantmaterials](http://www.redcross.org/participantmaterials)

This class will teach potential lifeguards the skills and knowledge to prevent and respond to aquatic emergencies, providing the certifications necessary for employment with the City of Chula Vista as a Lifeguard I (starting pay is \$13.82 per hour). Students that pass this class will receive the following American Red Cross certifications: Lifeguarding, CPR for the Professional Rescuer, AED Essentials, and Title 22: First Aid for Public Safety Personnel. Must be 15 years of age by March 23 to register.

#### \*Pre-test on first day:

- 300 yard continuous swim, crawl or breaststroke
- Tread water for 2 minutes using legs only.
- Timed 10 pound brick retrieval from 12 ft. water depth. (1 minute, 40 seconds)

**\*Must pass in order to continue with the course. NO REFUNDS OR CREDITS IF PARTICIPANT FAILS PRE-TEST. Course completion does not guarantee a job with City of Chula Vista.**

### Open Recreation Swim (All ages)

March 23rd - April 3rd - During Spring Break

Monday, Wednesday, & Friday: 12:30 - 3pm

#### Fees:

Adult: \$4 drop in, \$30/10 swims, \$75/30 swims

Senior: \$3 drop in, \$20/10 swims, \$55/30 swims

Child: \$2 drop in, \$15/10 swims, \$35/30 swim



\*Children 3 and under are FREE with a paid adult and must wear a swim diaper

\*Children 5 and under must have an adult in the water within arm's reach at all times.

*Passes also good for Parkway Classes. All passes expire 6 mo. from date of purchase*

**\*Lap Swim availability subject to change according to programming**